SAFE OPERATING PROCEDURE

Extreme Stream

- 2 Supervisors over 16 years old, per 12 participants.
- Helmets to be worn at all times.
- All participants must have appropriate gear, first aid, and clothing.
- Covered shoes must be worn, shoes will get wet.
- There must be a competent supervisor who is leading the activity
- The supervisors must be familiar with the stream and take a cell phone.
- Other supervisors must be spread throughout the group to maintain motivation and control (Supervisor at the back to catch stragglers).
- When participants climb the waterfalls, use the ropes provided and good spotting techniques with body posture for supporting others as they do this activity- arms up, front foot forward and ready to brace shoulders.
- Take care all the time as ground is uneven and slippery.
- Someone at camp must know start times and estimated time of return.
- All participants must have appropriate gear, first aid, and clothing.
- Keep to the stream. If you can't see the stream, you've gone too far
- Once you reach the fork in the stream head left towards wooden bridge, once on the path walk left towards camp, stay to track and don't deviate.
- Do a head count before and after Extreme Stream.

All damage and injuries must be reported to CYC Staff as soon as practicable

Failure to follow these instructions could result in injury.
CYC reserve the right to close this activity if these instructions are not followed.
To contact CYC Staff go to the office

Reviewed July 2026

Christian Youth Camps